



ENGAGING PEOPLE, ELEVATING PERFORMANCE

THE 36-MINUTE HUDDLE UP

Wednesdays from 1:00–1:36PM



NANCI'S NOTIONS

Week #32 – Dec 9, 2020



- ✓ What 2020 Year in Review tip did you incorporate?
- ✓ The topic: Intentions with Paige
- ✓ What Tip or Tool will you add?

What new tip did you Incorporate in the last 168 hours?





INTENTIONS

Paige O’Luanaigh
Director of Business Development
APLS Group

Time for New Year's Resolutions!

- Success or Failure?
- Write down a few of your failed resolutions
- Why do you think you failed?



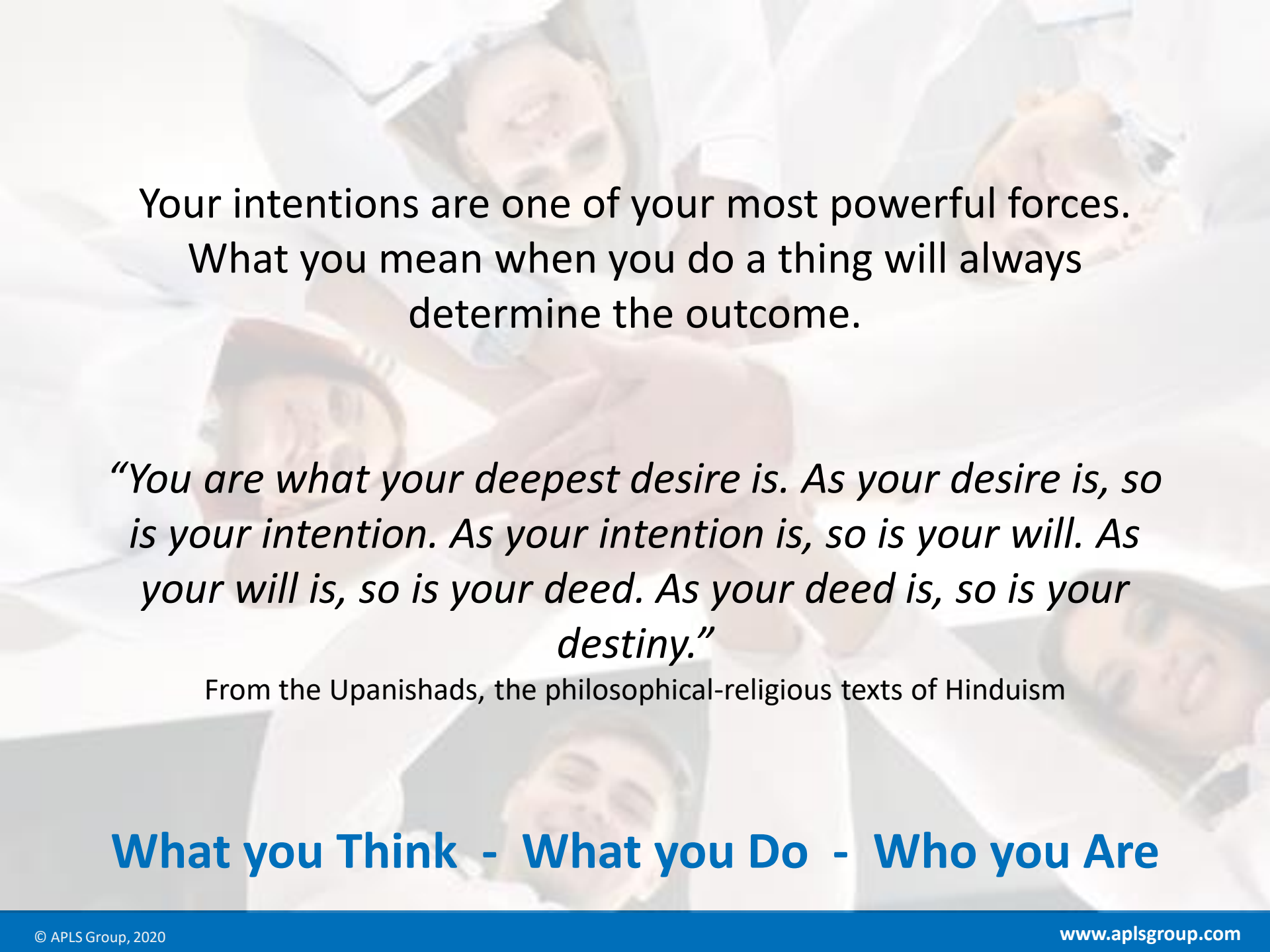
Two Reasons Resolutions Can Fail

Resolutions/Goals are often based on a negative premise –
I'm not skinny enough. I'm not rich enough. I'm not organized enough.
I AM NOT ENOUGH

They focus on some future time
which takes you out of the present moment.

What is an Intention?

- What one **intends** to do or bring about -
 - **Intends:** To direct the **mind** on (Merriam-Webster)
- Intentions are more about awareness than achievement
 - Goal - *I want to be promoted this year*
 - Intention – *I want to be more present at work*



Your intentions are one of your most powerful forces.
What you mean when you do a thing will always
determine the outcome.

*“You are what your deepest desire is. As your desire is, so
is your intention. As your intention is, so is your will. As
your will is, so is your deed. As your deed is, so is your
destiny.”*

From the Upanishads, the philosophical-religious texts of Hinduism

What you Think - What you Do - Who you Are

I Intend to...

- lead by example.
- love unconditionally.
- stop taking things personally.
- manifest happiness naturally.
- see the goodness around me.
- be kind even when under pressure.
- make someone smile every day.
- freely forgive others and myself.
- make mindfulness an important part of each day.
- suspend judgment and accept life as it is in the moment.

Thought-Starters for Forming Intentions

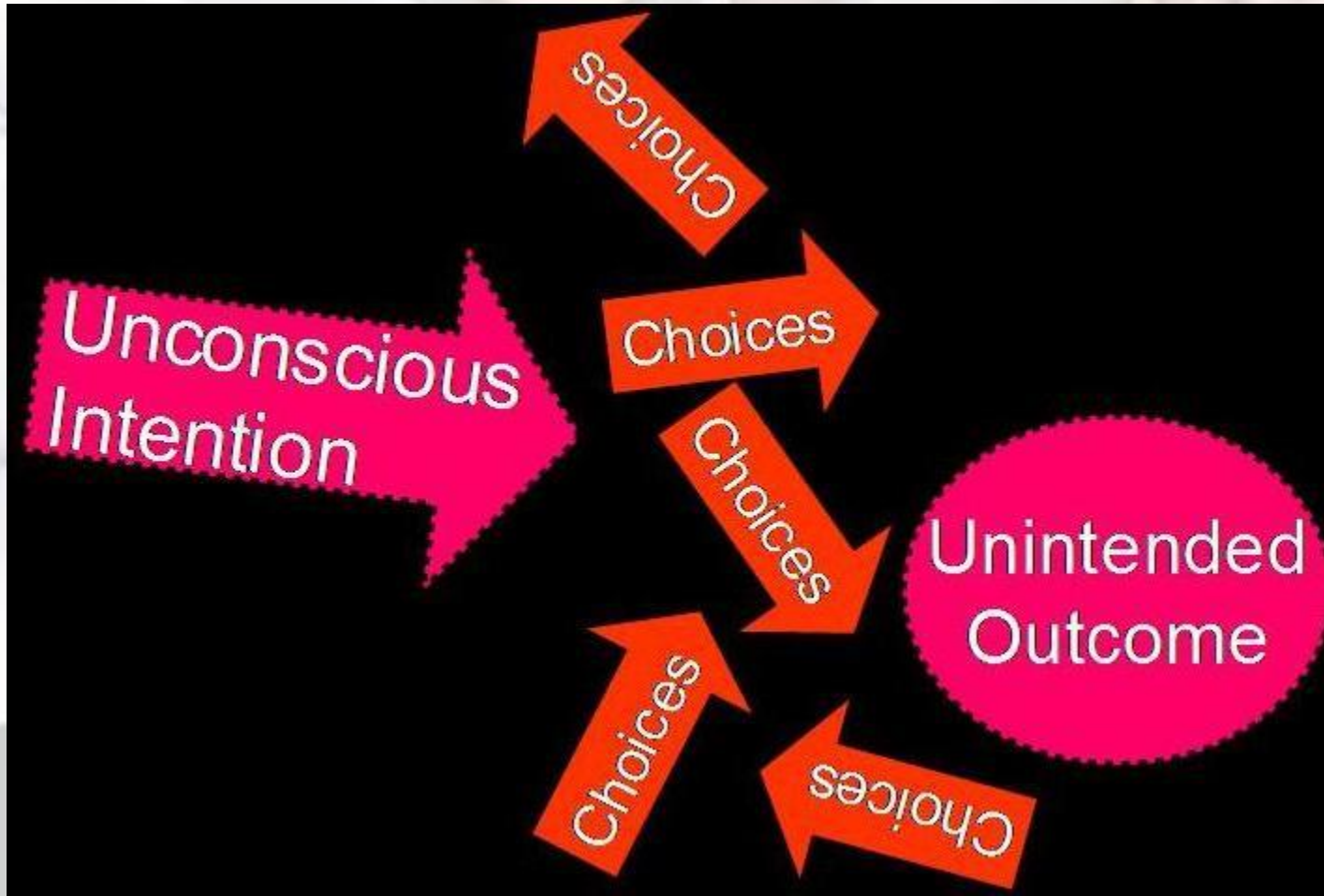
- What matters most to you?
- What would you like to build, create, or nurture in your life?
- What would you like to let go of?
- Who would you like to forgive in your life?
- How do you feel when you are your happiest self?
- What makes you proud?
- What word(s) would you like to align yourself with?
- What fears would you like to release?
- What are you grateful for?
- What are your wildest dreams?

Living Your Intentions

- Set aside 5 minutes every morning to set your daily intentions
- Keep an Intention Journal
- Stay aware of your intentions throughout the day
- Celebrate moments when you are being intentional
- Start with small intentions and build a foundation
- Commit for 30 days and be curious to see what unfolds for you



Thought for the Week What are you going to do differently?



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